

SOUTH FYEGATE

Charles Gibson left Monday morning for Hanover, N. H., where he has entered the military service school.

Lieut. Robert Farquharson, U. S. N., has been promoted to the rank of major.

Mr. and Mrs. Charles Brook Darling and son went Saturday to Manchester, N. H., where Mrs. Darling and son will remain with Mr. and Mrs. Fred Andrews while Mr. Darling has employment in Lowell, Mass.

Mrs. Jennie Hooker, who has been keeping house for Mrs. Charlotte Lord North Thayer, came Saturday to spend a few days caring for her daughter, Mrs. W. S. Farquharson, who has been sick with a severe cold since Christmas.

Mrs. Simon Clark of Wells River attended the meeting of the Red Cross society Thursday afternoon. The ladies postponed their meeting this week from Tuesday to Thursday on account of the heavy snowstorm.

Mrs. S. M. Mills is confined to the house with an attack of eczema.

The U. P. church is observing this week as the week of prayer.

Mr. and Mrs. Alex Morse, an old couple who lived on the swamp road, have gone to the Newbury town farm.

Mrs. R. H. Hooker and daughter, Phoebe Marie, of Bradford, spent Sunday at Dr. G. W. Darling's.

David Fiske and son, Hugh, were in St. Johnsbury Thursday.

A service flag draped the desk of the Presbyterian church pulpit Sunday morning and at the evening service Rev. W. T. Bailey read the names of 12 adherents of the church who are taking part in the war. Two are nurses, Miss Corinne Samuelson and Miss Eva Nelson. The others are Corporal Raymond Beaton, Lieut. Jutten Longmore, Samuel P. Mills, Everett Hartree, William McKillop, Harry Sanderson, Dewey Darling, Howard Gray, Edmund Gray and Fred Merin.

Mrs. Christina Taylor of Boston is keeping house for her nephew, Alex T. Beaton, Jr., and family.

Mrs. W. F. Smith spent Tuesday in St. Johnsbury.

Mrs. Dick Welch returned Thursday from several days spent in Barre.

Mrs. T. H. White is caring for Carl, the infant son of Mr. and Mrs. F. J. Doe. A sum of \$7 was obtained for the Red Cross at the lecture by Rev. W. G. Bailey Thursday evening.

WATERBURY

To-morrow evening there will be a mass meeting at the opera house in the interests of the Knights of Columbus big drive. John T. Cushing, editor of the St. Albans Messenger, will be present and explain the object of the drive. Pins and slips for signing for the fund have been received.

At St. Andrew's church, first mass will be at Stowe. High mass and sermon at 10:30 at St. Andrew's. Catechism classes at 3 o'clock. The rosary and benediction of the blessed sacrament at 4 o'clock.

At the Christian Advent church the pastor, Rev. A. D. Page, will have for the subject of his sermon, "The Shaking of the Nations, or the Prelude to the Second Advent week."

At the Methodist Episcopal church the pastor, Rev. Verne L. Smith, has for his subject, "Stewardship." In the evening the second part of the story of Paul.

The poem which heads the news items of the Waterbury Record this week applies also to other papers. The local reporter of this paper is always glad of items.

The annual meeting of the Duxbury branch of the N. E. M. P. A. will hold its meeting Tuesday evening in the town clerk's office. The meeting of the Waterbury branch will be in the grange hall at the Center Wednesday evening.

W. S. Durett is drawing tale for C. E. Muzzy.

Monday afternoon from 2:30 until 5, Mrs. W. H. O'Brien will keep open house at her home on Randall street in the interest of the K. of C. drive. It is hoped large numbers may come to her home.

PLAINFIELD

Junior High School Notes.

School opened Jan. 14, vacation having been extended a week as an aid in the nation-wide effort to conserve fuel.

Supt. Lance and Mrs. Rhumab Story, teacher of English, were among those who assisted in the revision of the course of study at the conference held at the State House last week.

The boys are now printing the program and tickets for the Winooki Valley Teachers' association to be held at Montpelier, Feb. 1 and 2.

We have recently received the St. Johnsbury junior high school paper. It makes us even more anxious to get ours out as soon as possible.

Last year our superintendent, Mr. Lance, inaugurated a system, whereby the children in his schools should save the pennies usually wasted. Mr. Hunter and Mr. Butterfield also followed the plan in their district with the result that during the year the sum of \$800 was saved, which is now deposited in the bank, drawing four per cent interest.

We have on exhibition now in our school room a small collection of pictures kindly loaned by the state library commission. They are in colors representing historical scenes and are therefore of special interest to some of the historical classes.

SYRUP OF FIGS FOR CROSS, SICK, FEVERISH CHILD

If Little Stomach Is Sour, Liver Torpid or Bowels Clogged.

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again. Children simply will not take the time from play to empty their bowels, and they become tightly packed, liver gets sluggish and stomach disordered.

When cross, feverish, restless, "see if tongue is coated, then give this delicious 'fruit laxative.' Children love it, and it cannot cause injury. No difference what ails your little one—if full of cold, or a sore throat, diarrhoea, stomach-ache, bad breath, remember, a gentle 'inside cleansing' should always be the first treatment given. Full directions for babies, children of all ages and grown-ups, are printed on each bottle.

Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," then look carefully and see that it is made by the "California Fig Syrup Company." We make no smaller size. Hand back with contempt any other fig syrup—Adv.

"I FEEL LIKE A NEW BEING"

"FRUIT-A-TIVES" Brought The Joy Of Health After Two Years' Suffering



MADAM LAPLANTE

35 St. Rose St., Montreal. April 4th. "For over two years I was sick and miserable. I suffered from constant headaches, and had palpitation of the heart so badly that I feared I would die. There seemed to be a lump in my stomach and the constipation was dreadful. I suffered from Pain in the Back and Kidney Disease."

I was treated by a physician for a year and a half and he did me no good at all. I tried "Fruit-a-tives" as a last resort. After using three boxes, I was greatly improved and twelve boxes made me well. Now I can work all day and there are no headaches, no palpitation, no heart trouble, no constipation, no pain or kidney trouble and I feel like a new being—and it was "Fruit-a-tives" that gave me back my health."

MADAM ARTHUR LAPLANTE. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ogdensburg, New York.

HARDWICK

Thieves Took Over Two Cords of Wood on Maple Street.

It has just come to light that thieves again plied their trade on Maple street last Tuesday night during the terrible snow storm. W. E. Fraser and Mrs. Alfred Wheeler, both of whom occupy tenements in the Durwell house on that street, were minus about two cords or over of good dry wood Wednesday morning.

Mrs. Wheeler had a nice lot of wood split fine piled in the barn at the rear of the dwelling and Mr. Fraser had about a cord of good black wood in the same barn, but he has not got it now. Hardwick has been a good picking ground for all kinds of thievery the past year, but this is the first time that any amount of wood has been taken. These petty robberies should not go unnoticed.

Harry Hall is home from his work in Burlington on account of the five-day lay-off.

Miss Jennie Williams is home from her work in Johnson for five days.

J. E. Howison is home from his work in Springfield for a five days' vacation.

Monroe Sylvester returned to Boston the latter part of the week, after spending several weeks here with his parents, Mr. E. Sylvester and wife.

Wesley Gould has been on the sick list the past week.

Will LaCris was home from his work in Springfield this week.

A. E. Olmstead has been home from Windsor the past week, and has been on the sick list.

Mrs. Percy Bowker of Boston has been a guest at Mr. and Mrs. A. E. Olmstead's.

EAST CALAIS

Mrs. Guy Bancroft, secretary of the local branch of American Red Cross, received a letter of commendation from Jane Loring, inspecting nurse of Boston, recently. Miss Loring writes that the work of the branch is exceedingly well done. Mrs. Bancroft also received a letter of acknowledgment and thanks from one of the crew of the U. S. S. Nevada for stockings recently sent by the A. R. C. to the boys of the navy.

Remember the Red Cross entertainment to be held at the I. O. G. T. hall, Jan. 25. The entertainment will consist of a farce and musical program, followed by a promenade.

Wareham Wilbur successfully passed the examination for fireman in the navy. Mr. Wilbur is at home awaiting a call into service, which he expects to receive very soon.

Mrs. Lillian Gray is spending a few days in Montpelier and Barre.

Mr. and Mrs. D. B. Dwinell are spending the week in Burlington and Montpelier.

Lewis Burnham returned home Thursday from Burlington, where he has been the past week with Mrs. Burnham and sister, Miss Marian Leonard.

Mrs. Guy Bancroft and Mrs. Arch Persons were business visitors in Woodbury Wednesday.

Mrs. Myrtle Drennan, a trained nurse, is at the home of her father, O. W. Guernsey, for an indefinite stay.

The Universalist society will hold their annual meeting with Mrs. C. R. Dwinell Wednesday, Jan. 25, at 2 p. m.

WEST TOPSHAM

George McDuffee of Waits River was a business visitor here Thursday.

Mrs. Fred Magoon and Mrs. Earl Clements and children of Orange were guests of Mrs. Fred Bagley recently.

Through an error of the correspondent, the item in Tuesday night's paper in regard to the Red Cross dance should have read, "There will be a Red Cross dance in town hall Friday night Jan. 25. Everyone cordially invited."

The mail carriers were unable to make their trips Wednesday on account of the bad roads.

EAST ORANGE

Mrs. Lizzie Corcoran, who has been taking care of Mrs. E. Richardson, who is quite ill, returned to her home in Washington Friday. Mrs. Bishop is taking care of Mrs. Richardson at present.

Miss Brooks, who has been taking care of H. Thurston, who is quite sick, returned to her home in Barre Thursday. Miss Nye is taking care of Mr. Thurston at present.

Mr. and Mrs. Bernard Simpson were in Montpelier Thursday on business.

Arthur Prescott was in East Barre Friday on business, also Glenn Hutchinson. Harold Richardson was a business visitor in Bradford Monday.

GRANITEVILLE

Twenty-Eight Boys Sent Smokes by Red Cross Branch Here.

Below is a list of the names to whom the ladies of the Red Cross sent, a package of smokes last Tuesday, the packages being obtained from George Marmon of Barre. It may be observed that some of these boys are residents of Williams-town, but those who were remembered are well known here in town and have always been termed "Graniteville" boys. A word of thanks is due Mr. Marmon, who so kindly wrapped and addressed the packages, and to Mrs. N. MacDonald, who transacted the business for the ladies of the Red Cross. The names follow: Alphonse Allaire, John Leonard, Agner Bellanger, Kenwood Little, Peter Gagner, Jules Isabelle, Angus McLean, Philip Murphy, Maurice Smith, Peter McLaughlin, A. N. MacDonald, Henry St. Pierre, Malcolm McCashill, John Murray, Alexander Campbell, J. E. Miles, C. R. MacIver, W. J. Duquette, Murdo Campbell, Alfred Papineau, Gordon Guy, Thomas Healey, William Letourneau, Elliott J. Pirie, W. M. Alexander, William McLeod, George MacIver, Amos Gagner.

Norman Campbell, who is employed in Hartford, Conn., arrived here Thursday to spend a few days with his parents, Mr. and Mrs. Kenneth Campbell.

Mrs. W. S. Alexander has returned to her home in Barre, after a few days' visit with relatives here.

There was a large attendance at the Red Cross meeting Thursday afternoon. In the future, a meeting will be held every Wednesday evening to accommodate all those who would like to sew and who cannot attend on Thursday afternoon. Those who feel that they can attend both meetings are welcome to do so.

Miss Helen Halligan resumed her duties at Lamorey's store in Barre this week, having been detained at her home by the illness of her mother.

W. W. Belleville left last night for Los Angeles, Calif., where he will pass the remainder of the winter. Mr. Belleville has been in poor health for some time.

William Leonard and John Riley have returned from Springfield.

Albert Aldrich, who has been confined to the house by illness, is able to be out.

Merrivell Melver arrived here yesterday from Hartford, Conn., where he has been employed.

Ferd. Gomo has completed his duties in Springfield, Mass.

BETHEL

Whitcomb High Defeated North Montpelier, 54 to 11.

The Whitcomb high school basketball team played well last evening at the town hall and won, 54 to 11, from the North Montpelier Independents. The line-up:

W. H. S. N. M. I. John Wilson, r. L. Daniels, Newton, H. G. Guernsey, Regan, C. Walker, Barrows, Jebb, Laverre, James Wilson.

Regan, r. L. Daniels, Newton, H. G. Guernsey, Regan, C. Walker, Barrows, Jebb, Laverre, James Wilson.

Baskets from floor, Regan 10, Newton 7, John Wilson 6, James Wilson 2, Slater 2, Beatty 2, Richards; baskets from fouls, Regan 4, Slater; referee, C. S. Putnam; scorer, P. Ralph.

Mrs. Ella Maxham has closed her house for the winter and is living with her son, F. B. Maxham. William Royce, who with his wife died recently, occupied a part of Mrs. Maxham's house, is with his son, James Royce, in Montpelier, for the winter.

Joseph E. Brunelle and Philo Haraden lately suffered losses by the death of farm horses.

Owing to the order of the fuel administrator forbidding the use of fuel for entertainments on Mondays, the Districts, magicians and musicians, who were billed for the second evening in the Women's club lecture course Jan. 21, will give their entertainment instead next Wednesday evening, Jan. 23.

WAITSFIELD

The annual I. O. O. F. and Rebekah banquet will be held Saturday evening in I. O. O. F. hall.

Remember next Tuesday night the next lecture course number appears, the Athenian jubilee trio, the program to consist of readings, vocal and instrumental numbers on piano, violin and harp.

Word was received Thursday of the death of Rev. F. H. Roberts, former pastor of the M. E. church here.

No town orders will be written after Jan. 28, so all bills of selectmen and road commissioner must be in before that date.

The "Yama Yama" minstrels, given as a Red Cross benefit under Mr. Gage's efficient management, was a striking success Thursday night and was repeated Friday night. No such program was ever presented in this valley before.

The minstrels, with their darky songs, kake walking and knitting, brought down the house. Mrs. Herbert Smith, as Liberty, in the song, "Over There," with attendant chorus and drill, was a striking patriotic number in part one. In part two the little fan girls and Earle Paine and pretty girls, the rose girls, with Mrs. Remelle, soloist, were all of highest order.

Part three, a farce, side-splitting in mirth. Dancing followed the entertainment.

William Hazelton of South Royalton has been spending a few days at Mrs. Emma Marble's.

E. S. Joslin is displaying a service flag in honor of the enlistment of his son, Ward.

Church Notices.

Congregational church—Rev. William A. Remede, pastor, 10:45 a. m., sermon by pastor; subject, "Sin and Penalty." 12 m., Sunday school in all departments. 7:30, C. E. omitted; union service at M. E. church.

Methodist Episcopal church—Rev. I. Mellor, pastor, 10:45 a. m., sermon by the pastor; subject, "What Is It We Are Fighting For?" second in series of addresses on the war. 12 m., Sunday school. 7:30 p. m., stereoscopic lecture, "Life of Christ, Galilee, Jericho and Bethany." Sunday school with the following officers: Superintendent, C. J. Greene; assistants, Mrs. J. C. Kingsbury and Mrs. W. C. Kelsey; secretary, Mrs. Kelsey; treasurer, Miss Ruth Melburn; superintendent foreign missionary society, Mrs. Kingsbury; secretary, Mrs. Kelsey; treasurer, Miss Wright; superintendent cradle roll, Mrs. Warren J. Wright.

EAST MONTPELIER

Because of the five-day closing order for fuel conservation, the old and young folks' dance and oyster supper, to have been held Tuesday evening, have been postponed to Wednesday evening, Jan. 23. Dudley's orchestra, four pieces. Full bill, \$1.50 per couple. One-half net receipts to local Red Cross unit.

A BARRE MAN GIVES EVIDENCE

His Testimony Will Interest Every Barre Reader

The value of local evidence is indisputable. It is the kind of evidence we accept as true because we know we can prove it for ourselves. There has been plenty of such evidence in the Barre papers lately, and this straightforward testimony has established a confidence in the minds of Barre people that will not be easily shaken.

A. W. Donaghy, blacksmith, 7 Merchant street, says:

"I have used Doan's Kidney Pills whenever I have felt any touch of lameness in my back and when the kidney secretions have been disordered. Sometimes I have had to pass the secretions too often. I have found that Doan's are the only medicine that helps me."

Price 60c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Donaghy has found so helpful. Mr. Donaghy, 7 Merchant street, Barre, N. Y.—Adv.

RANDOLPH

Miss Elizabeth Welsh, who is the head nurse at the Dr. Otto Greene sanatorium at Bethel, was in town on Friday. Miss Thayer, who went there, is in the sanatorium for special work and not to take Miss Welsh's place.

The ball given at the Salisbury warehouse on Thursday night was well attended and a good time is reported.

Mrs. Lewis Williams, who was the guest of her mother, Mrs. L. A. Jerd, over Thursday night, has returned to her home in Bethel.

In compliance with the order issued by the government the mills were closed all through Friday and will continue so for five days. The employees are very much disturbed in regard to the loss of work and think it will make a serious loss to them.

Mrs. Z. G. Smith returned Saturday from a visit of some length in Westboro and Waltham, Mass.

Miss Margaret Merrill is passing a week at the home of Mrs. C. B. Hollis, while taking a short vacation from her studies at the Albany Business college.

Charles Tucker has received several pictures and souvenir handkerchiefs from his brother, who is in France, and who is a member of the 1st Co., 101st ammunition train. They are now displayed in the store window of E. A. Thomas, and among these may be seen the picture of Max Thomas, Fred Lashua, and David Hamilton.

The regular meeting of the grange was held here on Saturday night with a good attendance. The reports of the secretary and treasurer were given, and a short report of the executive meeting of the Star grange was given by G. N. Gates, and F. H. Loveland gave an account of the formation of the Washington County Farmers' exchange. Following this Roy Gilman, district deputy, assisted by Mrs. Gilman, installed the following officers: Master, George Flint; over-seer, O. N. Gates; steward, James Seymour; lecturer, Mrs. Nichols (proxy); assistant steward, Glenn Flint (proxy); chaplain, Genie Carrigan; treasurer, J. L. Hutchinson; secretary, Gladys Flint; gatekeeper, Eliza Gates; Ceres, Lottie Battles (proxy); Pomona, Emma Curran; Flora, Ada Manchester (proxy); lady assistant steward, Ivis Flint. Following the installation there were brief remarks by the master and a rising vote of thanks was given Mr. and Mrs. Gilman for their services as installing officers. An oyster supper was served under the direction of Mr. and Mrs. Charles Blair.

The Red Cross met at the home of Mrs. L. B. Johnson last Friday with an attendance of about forty, who worked on surgical dressings. M. M. Wilson was present and announced that the local branch of the Red Cross received \$137.02 for the Christmas membership drive.

Mr. Wilson also explained the system of monthly reports to be made out and sent by each branch and division of the Red Cross. The ladies voted to hold their meetings in the future at the parish house, the free use of which had been voted them by the church.

The committee in charge of the knitting report for December, 53 pairs wristlets, 37 sweaters, 20 pairs socks, 17 mufflers, making a total of 127 articles. The call is now for helmets, which many of the ladies are knitting.

One of the local grocery stores received a consignment of about 1800 pounds of sugar and in three and a half hours Monday, 1,547 pounds were sold in two pound packages.

J. E. Folsom and A. E. Johnson were called to New Boston, N. H., Friday by the death of Mr. Folsom's brother, Charles Folsom, who died suddenly from a shock of apoplexy. Mr. Folsom returned on Saturday.

Sportingly Considered.

"Remember the story of the hare and the tortoise?"

"Yes," replied Ernestus Pinkley. "But dat story don't tell you nuffin 'bout de odds dat was posted agin de tortoise. Dem long shots do come in sometimes, but you kahn't pend on 'em."—Washington Star.

Misfits at the Bargain Sale. Nell—stopped in at a bargain sale today. Belle—Did you see anything that looked real cheap? Nell—Yes, several men waiting for their wives.—Philadelphia Ledger.

Carters Little Liver Pills for Constipation. YOUR LIVER IS THE BEST REMEDY DOCTOR. A dull, yellow, lifeless skin, or pimples and eruptions, are twin brothers the liver. Bile, the natural cleanser of the system, is the first step in the treatment of constipation. One pill daily (more only when necessary).

Small Pill, Small Dose, Small Result. Pallid, Pale, Putty-Faced People Need Carters' Iron Pills.

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CHROMITE ON THE FIRING LINE

Compounds Furnish Strong and Durable Protective Colors in Soldiers' Uniforms.

The mineral chromite is the source of the metal chromium, which, as an alloy in chrome steel and in several chemical compounds, occupies an important place on our battle front on both land and sea. The compounds furnish the strong and durable yet subdued and protective colors that are used to dye the soldiers' khaki clothes and tan the upper leather of his shoes. Chromite readily forms alloys with iron and gives hardness to the steel that is used for armor plate on our war vessels, and for the armor piercing projectiles which they hurl at the enemy. It is one of the essential elements in steel, which is now so largely employed in making high speed tools for cutting steel in the manufacture of munitions. Unfortunately for the United States the present domestic output of chromite is scarcely one-fourth of the quantity needed for war and domestic uses, so that the other three-fourths must be imported. Hitherto most of our imported chromite has come from Rhodesia and New Caledonia, and notwithstanding the scarcity of ships, much of it still comes from those distant lands. In response to our call for chromite Canada has rendered us most efficient help. In 1916 she sent us 10,930 long tons and in 1917 she more than doubled her shipments of chromite to the United States. At present we are facing a deficit in the supply of chromite and we should spare no effort to increase the output of this country as well as that of adjacent countries.

The domestic production of chromite in 1916 was about 47,000 long tons and last spring the prediction was made by government geologists that in 1917 it would reach 48,000 long tons. According to J. S. Diller, of the United States geological survey, department of the interior, the latest returns indicate that this prophecy has been fulfilled. The output of Oregon in 1917 was greatly increased, as well as that of Eldorado, Del Norte, and other counties in California. Washington and North Carolina have entered the list of producing states, and Maryland promises to become a larger producer. The output in 1917 included 1,000 tons from Alaska.

Most of the known bodies of chromite are small, and those that lie far from lines of transportation are not available for exploitation by the ordinary miner because of the difficulty and expense of getting the ore to the market. Many of the deposits are in national forests, particularly in the Klamath mountain region, and could be made accessible for exploitation by means of government roads, whose construction would permit an increase in the domestic production, which otherwise is likely to decline.

Much of the chromite on the Pacific coast is of low grade, averaging about 40 per cent of chromic oxide, and on that account is of less value than the imported ore, which generally contains 50 per cent or more of chromic oxide. The shipping value of 40 per cent ore is, a. b. h. 70 cents a unit—that is, \$28 a ton—whereas domestic ore of the same grade was offered in Philadelphia for \$120 per unit, or \$48 a ton, with a bonus of two cents per unit for higher grades and a penalty of four cents per unit for lower grades.

The most encouraging feature of the chromite industry on the Pacific coast is the increase in the work of concentrating the ore so as to raise its value. Before concentration, however, the composition of the best ore to be treated should be carefully determined, and if the amount of chromic oxide in the pure ore is less than 35 per cent concentration is not likely to be profitable. Spotted ore—that is, serpentine mixed or spotted with black grains of chromite—may be concentrated to advantage if the grains of chromite are high grade ore and constitute 20 per cent or more of the rock. If the best ore in hand is chemically of low grade because the chromium that it may have contained has been replaced by aluminum, a higher grade of ore cannot be obtained by concentration. Concentrating plants are already in operation or in course of construction in Eldorado, San Luis Obispo, Stanislaus, and Fresno counties, Cal., and if the price of chromite continues to rise the number of plants will be multiplied and will make more of the lower grade ore available. Some of the ores are of low grade because they contain magnetite and such ores may be enriched by the use of a magnetic separator. A larger quantity of low grade ore may be mined if the relatively greater cost to the manufacturer of using such ores is offset by higher prices.

Our domestic production of chromite apparently cannot be so much increased as to offset the present deficit, nor can our current imports from distant countries be easily maintained. We must get a larger supply from nearer sources. Cuba has hitherto furnished us but little chromite, though it is reported to contain large deposits of low grade. Nicaragua is shipping a small quantity of ore to this country. At Antioquia, Colombia, chromite is reported to be so abundant that it has been used to build the walls of houses. Brazil has valuable deposits several hundred miles northwest of Bahia and may yet become a contributor to our needed supply.

Most of the chromite we use is needed in factories in the eastern United States and on account of the difficulty and expense of long transportation from the western deposits one of our most urgent present needs is to increase the production of chromite in the Atlantic states. The chrome industry of America really began in the eastern states. The mines of Maryland and Pennsylvania once supplied the world's chromite. The Wood

A Tonic for Strength

Winter often makes severe demands. Bad weather, exposures and heavy food derange the system, introduce a congestion that speedily becomes catarrh and weaken bodily strength.

A good tonic, one that dispels congestion and overcomes catarrh, will carry you through these attacks if taken in time to be effective.